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REJEAN BRANDT/FOR METRO

## DOWNTOWN TRENDS UP

**metro EXCLUSIVE**

**Council sunk  
agreement in  
order to poach  
client: Lawyer**

**James  
Turner  
For Metro | Winnipeg**

A local property developer is accusing the city of intentionally scuttling a long-standing deal to redevelop land in the St. Boniface Industrial Park in order to poach a major corporate client and negotiate its own agreement with them.

The allegations are contained in a lawsuit filed by Terracon Development and relate to a deal with Parmalat to develop a new milk-processing plant, approved by city council last summer.

Terracon is seeking unspecified financial damages from the

city, alleging it breached confidence, unjustly enriched itself and "recklessly abused its role as a public office."

No statement of defence has been filed, and the allegations have not been proven in court. A city spokesman would not comment, saying their lawyers have not seen the statement of claim.

Among the company's claims, Terracon says it spent more than \$1.5 million to help develop what it says is a now "commercially useless" road in the area, \$800,000 on engineering design plans as well as incurred other costs stemming from a never-signed "joint venture agreement" with the city.

Council gave the nod to the deal in principle in 2013 but rescinded it on July 15, 2015, the same day it approved a deal with Parmalat, council records show.

Terracon says it approached the city in December 2008 with an idea to develop about 200 acres of "swamp land" behind

the St. Boniface Industrial Park.

It says positive progress on the joint deal — including city council's approval of it on Jan. 30, 2013 — caused it to spend the cash on the redevelopment of Mazenod Road and other "soft costs."

Terracon said when the 2014 municipal election was called, the agreement stalled.

The company says after the election, in a meeting with newly minted CAO Doug McNeil, it revealed to the city that Parmalat was its client for the development.

Months later, in April 2015, there was another meeting with city officials — including Mayor Brian Bowman — where the city indicated in the absence of a signed agreement with Terracon, it was free to approach Parmalat itself.

In a later report to council, city administrators wrote negotiations on the deal had reached "a stalemate."

### BY THE NUMBERS

**\$1.5M**

Amount Terracon claims it spent on what is now a 'commercially useless' road in the St. Boniface area

**\$800K**

Amount Terracon claims it spent on engineering design plans

"They (Terracon) were led down the path," Terracon's lawyer, Robert Tapper, said Wednesday. "All this time (coming to terms), and they scooped the client for themselves," he alleged.

If the lawsuit succeeds, the city could end up paying millions in damages, Tapper said.

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Your essential daily news

Pope says the world's at war, urges 'courage' and 'compassion.' **World**



FLIGHT BUMP

## Family demands change for minors

The family of a 15-year-old boy who was bumped from an Air Canada flight and left to sleep overnight on the floor of Pearson airport while travelling solo is calling on the airline for a change of policy toward minors.

Hayden Levy was returning to Nova Scotia after a three-week visit with his father in Winnipeg when he and about 14 other passengers were bumped from their connector flight, he said. It was scheduled to depart for Halifax from Toronto at 8:50 p.m. on July 13.

A second flight, scheduled for around 11:30 p.m., saw Levy and others boarded onto a plane only to be shuffled off again due to a thunderstorm that cancelled the trip.

"I just lied (sic) out on the carpet ... I could see the planes through the windows," Hayden said. "It wasn't very comfortable. Every once in a while you'd

hear a loud noise ... like a floor-cleaning machine."

In an emailed statement, an Air Canada spokesperson said the company "had no indication in the booking file that Hayden was a 15-year-old teenager travelling alone."

Levy and his family disagree. Levy's stepmother was with him at the check-in desk in Winnipeg and "specifically told them he was 15 years old," said his mother Kim Hillier. "It was [noted] when he checked in. What happened after that I don't know." TORSTAR NEWS SERVICE



**I was ready to go to Toronto and get my son and tear a strip off somebody.**

Kim Hillier, Levy's mother

HOMICIDE CHARGES

## Trial fast-tracked after indictment

Manitoba prosecutors have taken a rare step of fast-tracking the trial of two people recently accused of killing a woman in Winnipeg's North End.

Kashtin Flett, 23, and Nikina Houle, 23, will go directly to trial in the Court of Queen's Bench and forego preliminary hearings after the Manitoba Prosecution Service obtained direct indictments against the two.

Flett is accused of second-de-

gree murder in connection with the early February homicide of Mavis Ducharme, 39. Houle faces a manslaughter charge.

Ducharme died after being assaulted in her Stella Avenue home, police previously said.

No trial dates have been set.

The use of direct indictments is rare, and Crown policy is to only use them in cases where exceptional circumstances exist.

JAMES TURNER/FOR METRO



Long Plain First Nation Chief Dennis Meeches and Canadian Red Cross Vice President Shawn Feely update media Wednesday on rebuilding efforts in the Manitoba community after a destructive tornado. JAMES TURNER/FOR METRO

## Residents could wait months to go home

LONG PLAIN

### Rebuilding community after tornado to be costly

**James Turner**  
For Metro | Winnipeg

More than 130 people evacuated from Manitoba's Long Plain First Nation after a tornado tore

through it may wait as long as five months before they can permanently return, the community's chief says.

Dennis Meeches provided reporters with an update on Wednesday about Long Plain's efforts to rebuild after the July 20 tornado either completely wrecked or severely damaged 57 homes and damaged many others.

In all, 585 people were displaced, Meeches said. As of Wednesday, all but 137 had returned to the community located southwest of Portage la Prairie.

Meeches said those people were in the process of being relocated from hotels in Winnipeg to Portage in order to be closer to home.

"When can I go home?" was the most frequent query he'd been getting from displaced residents, Meeches said.

Inspectors and insurance officials were in Long Plain continuing their assessment of the damage from the storm, which Meeches indicated would be costly. "It's well into the millions," he said, adding it was a "real

blessing" no one was injured after the Enhanced Fujita Scale 1 (EF 1) tornado touched down.

The tornado ripped roofs from houses and toppled vehicles.

A boil-water advisory remained in effect as a precaution, but Meeches said test results from Health Canada were due back on Wednesday.

In the interim, the community has received 34,000 litres of drinking water from the Canadian Red Cross, as well as water donations from others.

WITH FILES FROM THE CANADIAN PRESS

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**COLLISION MOTORCYCLIST INJURED** A motorcyclist was taken from the scene of a collision involving him and a Nissan SUV Wednesday. The accident happened at about 2:30 p.m. at the intersection of Donald Street and River Avenue. The motorcyclist was conscious when emergency personnel wheeled him away. JAMES TURNER/FOR METRO

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# Downtown luring more people: BIZ

## TRENDS REPORT

**Population up from 15,745 in 2013 to 16,446 last year**

**Braeden Jones**  
Metro | Winnipeg

Downtown Winnipeg is booming.

According to an update to the Downtown Winnipeg Business Improvement Zone's (BIZ) annual trends report, there's more investment, more happening, and more people to enjoy it all.

Stefano Grande, CEO of the BIZ, said the snapshot of metrics "quantifies the progress of our downtown," and there's been some progress, indeed.

The report notes \$1.26 billion in proposed developments, which surpasses the previous high water mark of \$1.12 billion from 2010 to 2015.

It also highlights how 1,213

## REPORT HIGHLIGHTS

### Investment (cumulative total in millions):

- Total built (2005-2009): \$783.19
- Total built (2010-2015): \$1118.87
- Investment planned (as of July, 2016): \$1264.80

### Residential units:

- Built (2005-2009): 674
- Built (2010-2015): 768
- Planned (as of July 2016): 1,213

### Other highlights:

- BOMA Best building certifications up from 26 in 2013 to 35 in 2015
- Nine new events in 2015, bringing total to 62
- 20 patios installed by the Downtown Winnipeg BIZ since 2007
- Restaurants up from 82 in 2013 to 103 in 2015
- CMHR said "Hello!" to 495,000 people since opening to December 2015

spokesperson Katie Hall said the trend report is "incredibly informative."

"It has proven to be very helpful in assisting us with our market analysis and strategic planning," she said.

True North is a large contributor to the noted investment total, as the \$400 million True North Square is already underway and emerging in the heart of the city.

## ANIMAL ABUSE

# Teen held after puppy attacked

A puppy is on her way for care and a teen has been arrested after horrifying video surfaced of a puppy being violently thrown and left paralyzed.

RCMP said the video surfaced Wednesday and determined the incident happened in Easterville, Man. They have since arrested an 18-year-old male. His name has not yet been released.

The puppy was located alive by Manitoba Underdogs Rescue volunteers.

"The puppy was thrown into the air with force and shown violently hitting the ground," reads a release from the animal welfare group. "Though injuries are still undiagnosed, the puppy is paralyzed and unable to walk."

The puppy is expected to be

in Winnipeg Wednesday night and go in for veterinary care immediately. The group has named her Asha, which means 'hope' in Sanskrit.

"This video is beyond disgusting," says Manitoba Underdogs Rescue Executive Director Jessica Hansen. "We have no idea the extent of her injuries at this point but we had to help her."

"There is no excuse for any living thing to endure that kind of horror. We are hoping and praying that our talented veterinary partners will be able to help."

The group is hoping people will come forward and help with Asha's care. Donations can be made at manitobaunderdogs.org.

THE CANADIAN PRESS



Asha the puppy was expected to reach Winnipeg Wednesday night. CONTRIBUTED

## CRIME

# Man left in critical condition

A 57-year-old man is in critical condition after a vicious assault near Main Street that landed a 33-year-old man with meth in custody.

On Tuesday around 3:30 p.m., Winnipeg police and paramedics responded to a report of the assault in a back lane in the 600 block of Main Street. The 57-year-old was rushed to

hospital in "unstable condition," according to a statement. He has since been updated to stable, but still critical.

Winnipeg Police Service tactical support unit members and other officers searched the area and arrested a suspect near Main Street and Higgins Avenue.

Aaron Bryan Houle, 33, was

charged with attempted murder, robbery, failure to comply with a probation order and possession of methamphetamine. He remains in custody.

Anyone with information that may assist investigators is asked to call 204-986-6219 or Crime Stoppers at 204-786-8477.

BRAEDEN JONES/METRO

# Montreal the greenest

## ENVIRONMENT

## Emissions study puts Edmonton homes at the bottom of list

Homeowners in Edmonton generate, on average, almost four times the amount of greenhouse gas emissions as their counterparts in Montreal, according to a study released Wednesday by the University of British Columbia.

The study from the university's faculty of land and food systems estimated average household emissions in major cities across Canada between 1997 and 2009, based on factors such as weather, population density and the type of energy used for home heating and electricity.

Montreal homes were ranked the greenest — at 5.4 tonnes per year — largely because of the widespread use of clean hydroelectric power. The city's dense population also means motorists spend less time commuting and guzzling gas.

"If you live in Montreal, you can walk to your grocery store, you can walk your kids to school. You don't have to be driving everywhere, whereas in Edmonton, unfortunately, you do," professor Sumeet Gulati, one of the report's two authors, said Wednesday.

Edmonton, followed closely by Calgary, was at the bottom of the pile at 20.7 tonnes per year, partly because of the use of coal-fired home energy and a spread-out population. The colder weather in the two biggest Alberta cities also means more energy is needed to heat homes.

Vancouver, despite its very mild temperatures, ranked second behind Montreal because of the West Coast city's use of natural gas in residential utilities. Natural gas is available throughout Montreal, but it is more expensive than hydro.

Winnipeg ranked third-lowest for emissions, ahead of fourth-place Toronto. Despite its bone-chilling winters, Winnipeg scored well because of its use of hydro power. THE CANADIAN PRESS



**ROYALTY GUESS WHO'S COMING BACK TO CANADA?**  
Catherine, Duchess of Cambridge and Prince William, Duke of Cambridge, attend the presentations at the America's Cup World Series on July 24 in Portsmouth, England. William and Kate will pay a visit to Canada this fall — their second since getting married five years ago. They will visit British Columbia and Yukon later this year, Gov. Gen. David Johnston announced Wednesday.

The royal couple's first visit to Canada followed their 2011 wedding and took them to Ottawa, Montreal, Quebec City, Charlottetown, Summerside, Yellowknife, Calgary and Slave Lake after that community was ravaged by a forest fire.

CHRIS JACKSON/GETTY IMAGES

## OTTAWA

## Group calls for body cams after arrest death



Haley  
Ritchie  
Metro | Ottawa

The Canadian Association of Somali Lawyers released an open letter of support on Wednesday for the family of Abdirahman Abdi — the Somali-Canadian man who died following a violent arrest in

Ottawa Sunday — asking for more transparency in SIU investigations and body cameras on all Ontario police officers.

"It's a national issue," said president Billeh Hamud.

The open letter makes three main demands of the Ontario government, all related to the Abdi case.

"The most important thing is transparency, and that's not

being done right now," said Hamud, who wants to see SIU investigations opened up to the public. The SIU is Ontario's civilian oversight agency that investigates cases resulting in

serious injury, death or sexual assault when police are involved.

The group also wants to see body cams — small cameras attached to officers while they work — on police across Ontario.

Hamud said the group also wants more training that addresses both race and mental health.

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## NATIONAL CONVENTION

## Democrats laud Clinton's security cred



A pro-Hillary hat at the convention on Wednesday.

ROBYN BECK/AFP/GETTY IMAGES

Their political fates now entwined, U.S. President Barack Obama is imploring voters to elect Hillary Clinton, appealing to the women, minorities and young people who powered his rise and are now crucial to hers.

A big motivation for Obama's robust support is deep concern that Donald Trump can win in November and unravel the president's eight years in office.

In excerpts released Wednesday ahead of his speech to the Democratic convention,

Obama acknowledged the economic and security anxieties that have helped fuel Trump's rise but argued they don't define the country.

"The America I know is full of courage and optimism and ingenuity," Obama said.

For several hours on Wednesday, Trump stole the show. He touched off a firestorm by encouraging Russia to meddle in the presidential campaign — even as he dismissed suggestions from Democrats that Moscow

was already acting on the Republican's behalf.

On the heels of reports that Russia may have hacked Democratic Party emails, Trump said, "Russia, if you're listening," he'd like to see Moscow find the thousands of emails Clinton says she deleted during her years as secretary of state.

To Obama and Clinton, Trump's comments only fed their contention that the businessman is unqualified to be commander in chief. THE ASSOCIATED PRESS



People stand near a makeshift memorial near the Saint-Etienne-du-Rouvray church on Wednesday. CHARLY TRIBALLEAU/AFP/GETTY IMAGES

## Killers swore oath: Daesh

## FRANCE

### Those who knew murderer say he appeared jihad obsessed

Adel Kermiche nursed his obsession with jihad in the quiet French town of Saint-Etienne-du-Rouvray, and his twice-thwarted attempt to join Daesh extremists in Syria ended with an attack on an elderly priest.

New details emerged Wednesday about the 19-year-old, one of two assailants who took hostages Tuesday at a church in the town, slitting the throat of the Rev. Jacques Hamel before being shot to death by police.

The attack was claimed by Daesh, which released a video Wednesday allegedly showing Kermiche and his accomplice pledging allegiance to the group.

In it, Kermiche identifies himself by the nom de guerre Abul Jaleel al-Hanafi and says his compatriot is called Ibn Omar. Speaking in broken Arabic, Kermiche recites: "We pledge allegiance and obedience to Emir of the faithful Abu Bakr al-Baghdadi in hardship and in ease."

Those who knew him said Kermiche appeared to think of little else other than trying to join the extremist group in Syria after the January 2015 attacks on the satirical newspaper Charlie Hebdo and a kosher supermarket. THE ASSOCIATED PRESS

### Pope warns we're at war

Pope Francis, deeply saddened by the slaying of an elderly priest during Mass in a church in the French countryside, warned grimly Wednesday that the world is at war but cautioned against labelling it a war among religions.

At the start of his first ever trip to Eastern Europe, where anti-migrant sentiments have been rising, he also encouraged

Europe to welcome refugees from war, hunger and religious persecution and called for "courage" and "compassion."

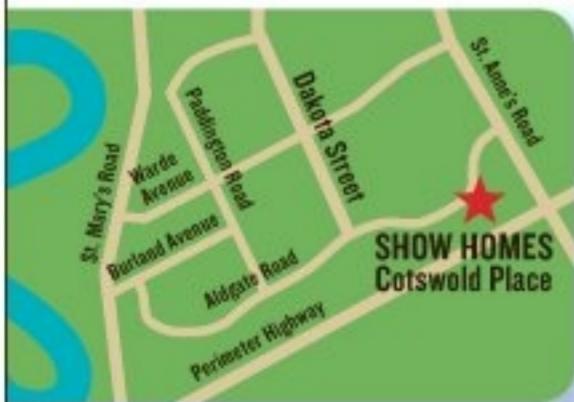
Francis was celebrating World Youth Day in Poland, where the conservative government has shut the doors to migrants and many fear that accepting Muslim refugees would threaten the nation's security and its Catholic identity. THE ASSOCIATED PRESS

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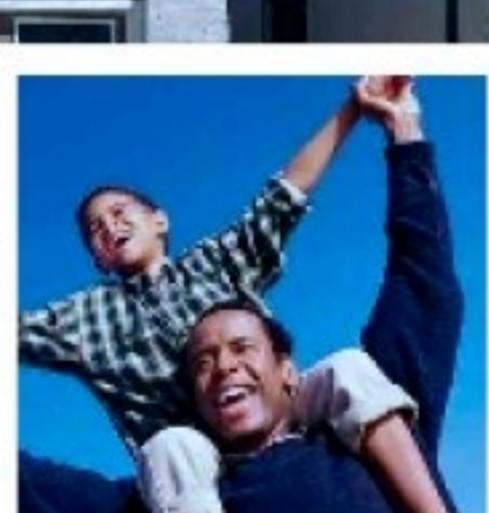
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## — FROM THE DESK OF AMY SCHUMER —

### Hello, Canada!

I have a book coming out! Look for a cover with a very large image of a girl's lower back tattoo. Do they have tramp stamps in Canada? Probably not as many as we have in America. You guys strike me as all very beautiful, wholesome, happy people. I am envious of your health care system and sensible attitudes about gun safety. If you made a horrible permanent decision on your lower back when you were only eighteen years old, I bet your insurance has already covered the cost of removing that mistake for you. You strike me as people who don't need to be cheered up, but I was born to cheer people up. Even when they don't need cheering up.

I've been keeping journals since I was thirteen years old and it was rewarding, painful, and highly cringe-inducing to go through them in preparation to write my book. But I hope it was worth it. I hope you enjoy laughing and crying along with me as you read. To be honest with you, I don't understand why you bother reading in Canada. The roster of Canadian actors and comics is an embarrassment of riches, and if I lived in the country that produced John Candy, Catherine O'Hara, Phil Hartman, Mike Myers, and Leslie Nielsen, I sure as hell wouldn't be focusing on books. Go watch a Seth Rogen movie! Brag to every American you know that Samantha Bee is Canadian. You guys get to claim her! She is brilliant and funny and she's YOURS!

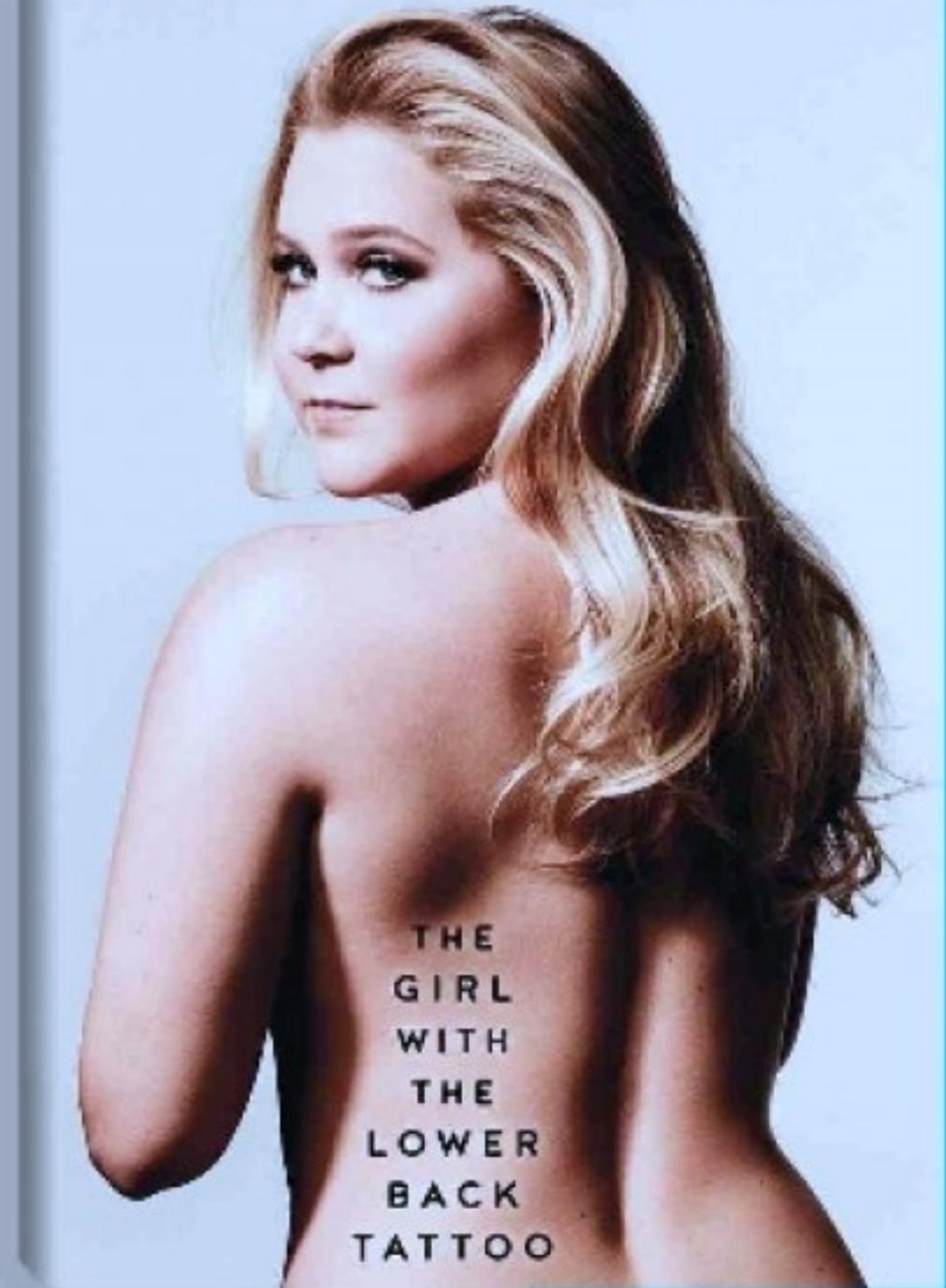
I hope you don't mind me telling you that I have drank more Labatt beers in my life than I care to admit. But not while I was writing this book. I was dead sober for all of that. I promise. But I don't mind if you crack one open right now because I am truly honoured that you are willing to spend some time with me by reading my book. Again, I don't really understand why you would rather read thousands of tiny words on a page when you could be watching anything Norm Macdonald has ever done. Or Ryan Reynolds. RYAN REYNOLDS! Now you're just mocking me, Canada.

Enjoy the book. I'm trying really hard to show you a good time. But that's some stiff competition.

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## ROSEMARY WESTWOOD ON WHAT HILLARY'S NOMINATION PORTENDS

**The true, extended test of a Clinton presidency — and American society by extension — would be in how long it takes for another woman to similarly ascend.**

Perhaps, like roughly 60 per cent of the U.S. electorate, you view Hillary Clinton ... let's say "unfavourably."

Perhaps, like Julian Assange, you consider the choice before Americans in November as akin to "asking me, do I prefer cholera or gonorrhoea?" You might hate Clinton's hawkishness, dislike her handling of the email scandal, consider her too centrist, too liberal, or distrust her political motives. You might also be a raging sexist.

Feminism is the undercurrent to this week's Democratic National Convention. It coloured Bill Clinton's portrayal of his driven, defiant wife. And it has been personified in Lena Dunham, for millennial women; Meryl Streep, for second-wavers; and Michelle Obama for literally everybody.

According to the DNC, Clinton's rise is a game-changer for women in American society, too. That was made explicit nowhere more elegantly than in Michelle Obama's barnburner of a speech, in which she said that Clinton was the kind of leader who keeps putting "those cracks in the highest and hardest glass ceiling until they finally break through, lifting all of us along with her."

The Obama daughters now "take it for granted" that a woman can be president, Obama said. But can is not the same as will. And women might not all be lifted. At least, not immediately.

**The Obama daughters now 'take it for granted' that a woman can be president, Michelle said. But can is not the same as will.**

History is full of monumental firsts that do not open a floodgate of seconds, thirds, fourths and fifths. Canada hasn't had a woman prime minister since Kim Campbell in the 1990s. She held the job for a whopping four months. After Margaret Thatcher's long reign in the U.K., it was another quarter century before Theresa May

those advancements allow people to excuse their prejudice. "We must live in an equal society if a woman can be president!" Never mind the reality.

The true, extended test of a Clinton presidency — and American society by extension — would be in how long it takes for another woman to similarly ascend.



**REMEMBER — WE DID IT FIRST** Former prime minister Kim Campbell is seen in Vancouver in April 2015. Campbell's four-month tenure in 1993 was the last time a woman got close to the job. THE CANADIAN PRESS

landed at 10 Downing. When she did, English-language papers could only muster enough imagination to compare her to other women leaders, which left them all drawing Thatcher and Angela Merkel parallels.

In his new Revisionist History podcast, Malcolm Gladwell charts these yawning gaps between one woman's advancement and the next to tread in her footprints. He posits that moral licensing — a term used to describe the way people tend to excuse our general bad behaviour if we've done a good deed — could explain the phenomenon: Sexism continues to flourish even in the face of women's advancements precisely because

Every woman who attempts to chart this course will inevitably be and uniformly compared to Clinton. Her successes and failures will be the foil for them all.

In Canada, our concern over never once voting a woman into the PMO in a general election is oddly mute. It's not much of a burning problem, it would seem, that only 26 per cent of federal MPs are women, a rate that, while abysmal, is marginally better than provincial and municipal levels, which Simon Fraser University researcher Halena Seifert pegs at 25.7 per cent and 23 per cent, respectively.

Low though they may be, those numbers took decades to build up. A graph



## Bernie's is the real populist revolution

 Linda McQuaig

Besides providing some powerful lines for Melania Trump's next speech, Michelle Obama reminded us this week how inspiring the Democrats can be at their best.

Indeed, while Donald Trump has grabbed political centre stage due to his sheer loutishness, it may be the Democratic Party that is undergoing the more far-reaching transformation.

After years of drifting towards the centre, the Democrats have been profoundly shaken by Bernie Sanders' insurgent populist campaign.

Of course, Hillary Clinton is the Democratic nominee, but the clout exercised by the millions of committed Sanders supporters is reflected in the party's unusually progressive platform and the prominence the party has felt obliged to give to Sanders and Sen. Elizabeth Warren, whose popularity is further proof that the demise of Occupy Wall Street has been greatly exaggerated.

The youthful Sanders crowd, which threatened to derail the convention on opening day, isn't likely to go away. It's determined to shape the Democratic Party of the future, believing that the only way to respond to the class war being waged by an aggressive billionaire class is with backbone — a body part that's been noticeably missing from Democrats in recent decades.

In the midst of the 1930s Depression, Democratic president Franklin Roosevelt showed backbone, championing unions, bringing in universal pensions, taxing the rich and restraining Wall Street with the Glass-Steagall Act. Addressing a wildly cheering crowd at Madison Square

Garden in 1936, Roosevelt vowed to defy the bankers and financial tycoons lined up against him. "They are unanimous in their hate for me — and I welcome their hatred!"

Roosevelt's New Deal ushered in a postwar era in which workers made impressive economic gains as a rising middle class while the wealthy elite lost ground.

Starting in the late 1970s, however, the elite launched a forceful counteroffensive with the support of the Republican party, and the Democrats were surprisingly weak in response, eventually realigning themselves with Wall Street and voting with Republicans for financial deregulation and lower taxes on the rich.

Perhaps most stunning of recent Democratic abdications was the party's failure to mount even a feeble defence of the estate tax when George W. Bush and the GOP moved to gut it. The tax had been the pillar of progressive taxation in the U.S. for more than a century, applying only to the richest of the rich.

Much has been said about the alleged populism of Donald Trump, who is calling for a new round of staggeringly large tax cuts for the rich, including the complete elimination of the estate tax. As for the working poor: Trump opposes increasing the federal minimum wage, and has floated the idea of abolishing it altogether, allowing states to compete in setting ever-lower minimum wages.

The forces unleashed by Bernie Sanders hunger for a real populism, and they're unlikely to settle for anything less than a party that once again shows backbone against bellicose billionaires.

**Linda McQuaig** is a journalist and author.

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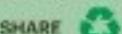
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# Podcasts face an uphill battle

MEDIA

## Canadian shows lack funds, support

Genna Buck  
Metro Canada



When they see a new episode of Witch, Please in their podcast feeds and hear those familiar owl hoots, listeners know they can settle in for another hour or more of Hannah McGregor and Marcelle Kosman's funny, feminist banter on the Harry Potter series.

The Edmonton-based podcast hosts have passion, 3,000 listeners and a lively program. What they lack is any reliable way to make money from their work.

Despite a few breakout successes, like the media-criticism show Canadaland, the Canadian podcasting industry is in its infancy and dominated by repackaged radio shows. The format — audio content delivered via digital syndication — has been around for more than a decade.

"I listen to almost no Canadian (podcasts), because they usually feel like edited radio," McGregor said.

Podcasts, at their best, share features with great radio: important stories with high production values and a reliable release schedule. But the two forms are not synonymous.

"The pleasures of podcasting have to do with the intimacy of the audience," McGregor said.



**Self-taught podcaster Hannah McGregor is wrapping up Witch, Please, a Harry Potter-themed program, and planning to start a new podcast soon.** KEVIN TUONG/FOR METRO

You feel like ... a specialized community of friends. Radio, because it's supposed to speak to the nation, doesn't really work in the same way."

Only one of the top ten podcasts on the Canadian iTunes charts is Canadian: Love Me, a CBC-backed program that recently wrapped its first season with no plans yet to renew.

That 1-to-10 ratio is "expected," said Lori Beckstead, a professor of digital media at Ryerson University.

Canada is a small media market, and unlike TV or radio creators, podcasters aren't protected by Cancon rules. At present

there's no Canada Council for the Arts grant for general podcasts.

To amass enough listeners to make money, podcasters need "an existing personal or business brand, or a niche topic that isn't serving audiences already out there," Beckstead said. "If you are just an average Joe or Josephine, it is a tough, tough uphill slog."

Canada doesn't have anything like the U.S. media companies that incubate, promote, and solicit ads for podcasts, like Panoply, Radiotopia and Gimlet Media, among others.

Some companies do sponsor podcasters in exchange for on-air

ads, but this route isn't feasible without a large audience.

McGregor said when she looked into it, given their listener base, a sponsor break in every biweekly episode would bring in \$15 to \$20 per month.

Patreon, a virtual tip-jar for artists, is "the only viable way to make money off a podcast in Canada," she said.

Kaitlin Prest knows that reality all too well. In 2008, when she became the host of The Heart, an audio program about sex and relationships, it was still a show on university radio in Montreal called Audio Smut. It became an independent podcast based

in New York City when Prest moved there in 2012.

"In Canada, it felt like you work at the CBC or you don't do radio," Prest said. Community radio also didn't provide a clear way to create a profitable business or a polished sound.

"I needed an editor, I needed an engineer, someone to fix the show and make it sound good. Those were things I had to learn all by myself," Prest said.

In New York, she found those resources, and a community of audio storytellers. Radiotopia picked up The Heart in 2014; investing \$24,000, Prest said.

Canada has podcast networks, but they're not throwing around that kind of money.

A notable one is the Toronto-based Never Sleeps Network, which founder Alex Ross describes as an "artists' commune." Members share the costs of running a small studio, and don't have sponsors. But what they're building — a base of listeners with a variety of niche interests — is worth money, Ross said.

"I have every comic book nerd in Toronto at my fingertips. Hobbies are the best ways to connect people," Ross said.

"Successful podcast networks are just floating," he added. "If one company was smart enough, they'd scoop us all up."

For now, Canadian podcasting is a labour of love.

"Success in Canada looks a lot different than in other countries. If we're getting up in the morning and going to the studio instead of our (jobs), that's success. If I can pay my bills, that's complete success," Ross said.

## LISTEN TO THIS

Metro has some new podcasts of its own, with more on the way. Visit [metronews.ca/podcasts](#) to listen.

### Scrub League: Canada's first eSports Podcast

A hilarious but rigorous show about the fastest-growing pop-culture phenomenon in the world:



SCRUB LEAGUE

### Nth Wave: A podcast about women and the media

Every week Metro's national columnist Rosemary Westwood sits down with a female guest to discuss what it's like to be a woman working in,

engaging with, and being covered by the North American media.



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# A bachelorette party that turns bad

CRIME THRILLER

**Author was surprised idea had not been used before**

**Sue Carter**  
For Metro Canada

For some women, just the idea of being invited to a childhood friend's weekend bachelorette party is a nightmare.

Like Paula Hawkins' *Rachel in the Girl on the Train*, Leonora is an unreliable narrator at best as she struggles to remember exactly how the party ended in a bloody mess.

The idea for *In a Dark, Dark Wood* came to Ware thanks to a friend's observation that a hen party would make an amazing setting for a thriller.

"It was one of those ideas that you almost can't believe hasn't been done before. Literature has different faces of themselves."

ist Leonora is surprised to receive an invitation to a bachelorette party — or "hen party" as it's known across the pond — to be held at an architecturally imposing glass house set deep in a remote forest.

Ware says that all the elements were there: it's a high-stakes emotional event, usually serving a lot of alcohol, involving a small group of people who come together as strangers.

"I've been on weekends where the only person I know is the hen," says Ware.

"It is quite weird because you're thrust into this very intense camaraderie with people that you don't know terribly well. Also, the fact that these people are usually plucked from very different periods from the bride's life, you suddenly get a glimpse of how much people change, not deliberately, but how much they present different faces of themselves."

She has also observed that modern hen parties have become competitively elaborate shindigs that require major financial and time commitments from guests, which only ratchets up the emotions even more.

"When you have people slightly awkwardly rubbing up against each other it creates narrative tension," she says. "Especially when you put people in a remote location with a very small cast of characters, and you can't get away."

While the premise is contemporary, *In a Dark, Dark Wood* — which is set to be adapted for film by *Gone Girl* producer Reese Witherspoon — subtly tips its hat to authors such as Agatha Christie and Dorothy L. Sayers.

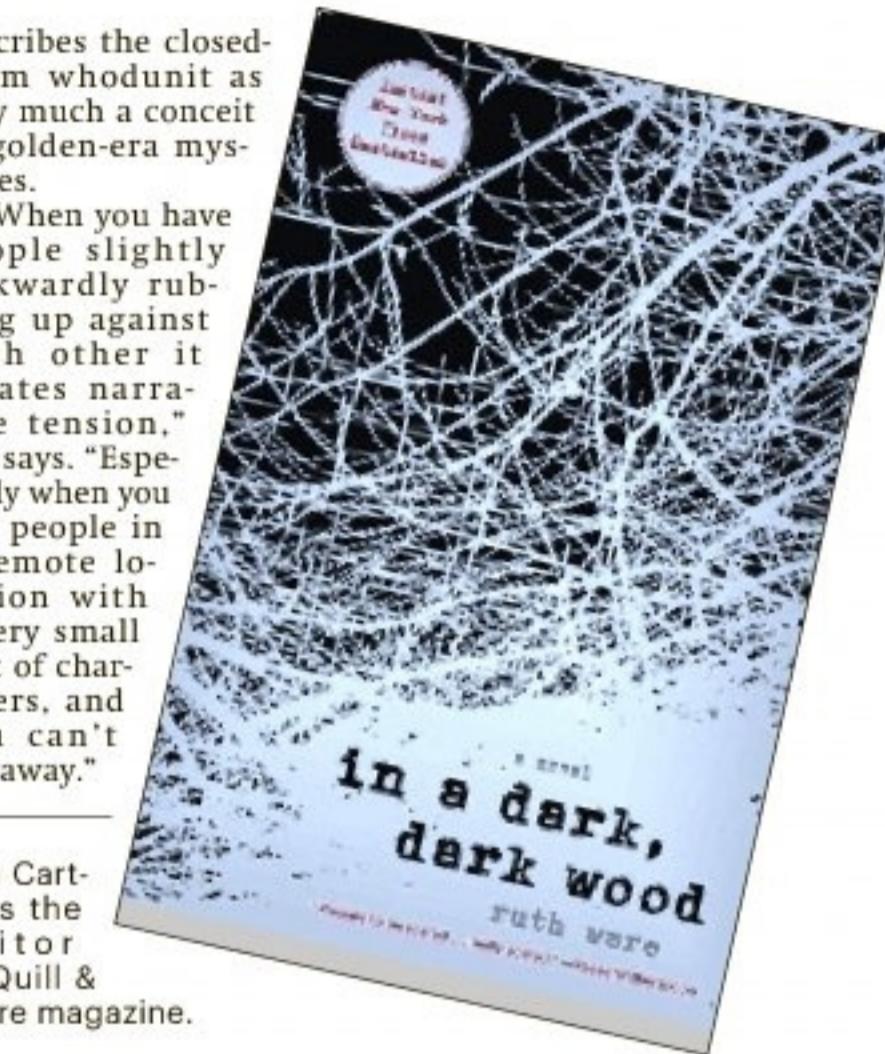
Ware, who describes her childhood self as a "classic crime geek," says she wasn't aware of their influence while writing the book, but

describes the closed-room whodunit as very much a conceit of golden-era mysteries.

"When you have people slightly awkwardly rubbing up against each other it creates narrative tension,"

she says. "Especially when you put people in a remote location with a very small cast of characters, and you can't get away."

Sue Carter is the editor at Quill & Quire magazine.



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## UNDER THE SEA A CLOSEUP LOOK AT JELLYFISH

Jellyfish are in a class of their own in terms of exotic beauty and alien-like qualities. Author Lisa-ann Gershwin, author of *Jellyfish, A Natural History* (University of Chicago Press), says it's time to take note of them. TORSTAR NEWS SERVICE



### Ecology

Jellyfish, like the one pictured with an entourage of small fish, are among the ocean's great survivors, having inhabited the oceans for at least 600 million years and possibly longer. Unlike most other creatures, jellyfish have remained largely unchanged, in part because of their adaptability to the sustenance at hand, with some species preying on small fish while others consume phytoplankton, others zooplankton and others are cannibalistic.



### Lion's Mane

The Lion's Mane Jelly has a bell-like structured head with long, trailing tentacles. The largest examples have tentacles that extend 30 metres. While most Lion's Mane Jellies deliver marginally painful stings, a population found off the British Isles, classified as *C. capillata*, has a poison so lethal, it was used in a Sherlock Holmes tale called *The Adventure of the Lion's Mane*.



### Prism jelly

On first glance, the image suggests nothing more than a yummy morsel of dim sum. The jellyfish pictured is a prism jelly called *Hippopodius hippocampus* and although it appears to be a single organism, it's actually a colony. These jellyfish, which are bioluminescent and can flash a blue warning light when disturbed, are considered to be among the most delicate of their species.



### Anatomy

Looking more like an intricate lava lamp or perhaps an enormous squid-like sea creature, the image precedes an introduction to a short primer of jellyfish anatomy. While all jellyfish have gelatinous bodies, which aid in buoyancy, they come from three separate lineages: the medusae — which are the most common — comb jellies and salps.

### GRAPHIC NOVEL

## New Jughead genre-bending fun

**Jughead Volume One**  
BY: Chip Zdarsky and Erica Henderson  
PUBLISHER: Archie Comics

**Mike Donachie**  
Metro | Canada

Jughead was always the weird one, and he's super weird in this first collection from the relaunched Archie universe.

While the other characters have always done pretty straightforward teen comedy, Jughead was the bizarre guy who ate burgers, wore a stupid hat and turned laziness into an artform.

Now revitalized by Toronto's king of comical comics,

Chip Zdarsky, and talented artist Erica Henderson, Jughead's probably funnier than ever.

This book grabbed lots of attention with the low-key revelation that its main character is asexual.

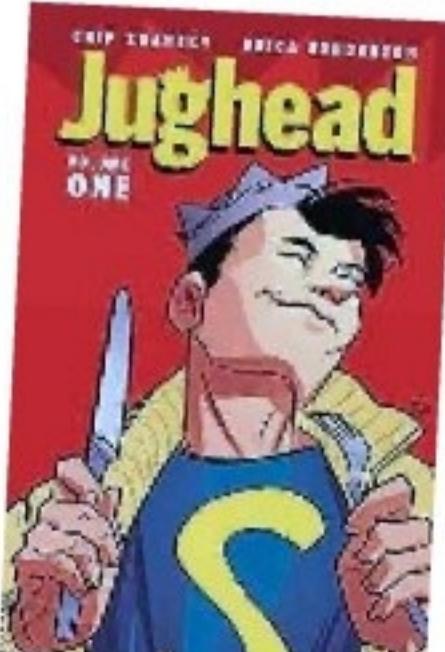
That's great, but it's a minor part of its appeal.

The real treasure here is the layering of laughs and oddness, drawing on Jughead's history of time travel, beardless piracy and general scheming.

There's a plot, too, and — like always — it's really out there, compared to other Archie books.

Jughead's fighting back against his sinister new principal, with the rest of the gang and frequent dream sequences.

Just go with it. Everybody needs a bit of Jughead in their life.



# Personal battles on the frontier

INTERVIEW

**Dave Eggers' new book seeks pioneer spirit in modern life**

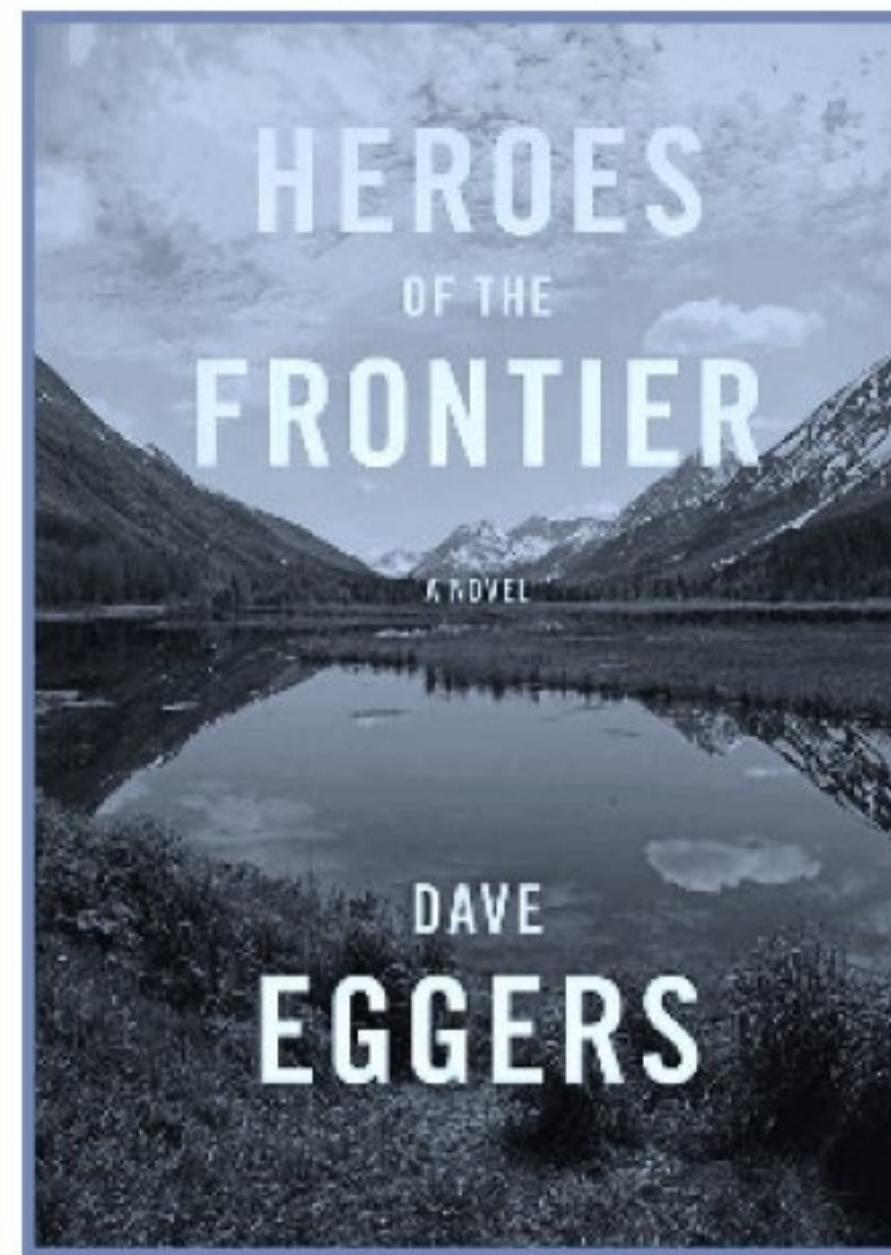
him be killed in the war in Afghanistan. In a recent interview, Eggers discussed the settings for his books, some common themes and how the American past connects to his current book.

**How did the basic narrative develop and why set it in Alaska?**

The latest stop on Dave Eggers' long-running fictional tour: Alaska.

Eggers' new book *Heroes of the Frontier* tells of a single mother from Ohio who flees to Alaska with her young son and daughter in the wake of financial and personal disaster: Josie is a dentist forced to sell off her practice after being sued by a former patient.

Somewhere down the line, maybe two years into the note-taking process, I had the idea of putting her in Alaska. There's an unspoken assumption, I think, that Alaska is full of strong, self-reliant, plain-spoken people — frontier people — and Josie wants to



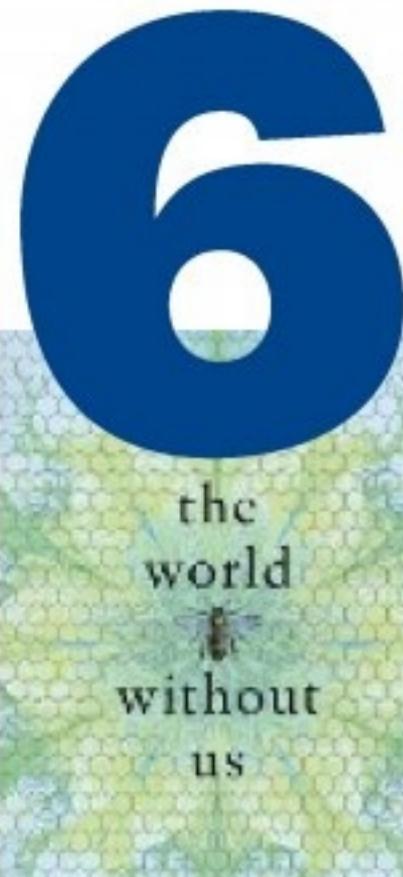
the state without a plan and without a friend.

**For novels, do you often travel to places with the conscious thought of writing about them or does that decision usually happen in retrospect?**

I spent some time in Alaska about three years ago, without any intention of writing about it. But I had this Josie character in my head at the time, and eventually it made sense that a character setting out on an epic journey would find herself in Homer.

**Do you see your work as a kind of continuing series about life worldwide in the 20th/21st century? Do you see a thread running through?**

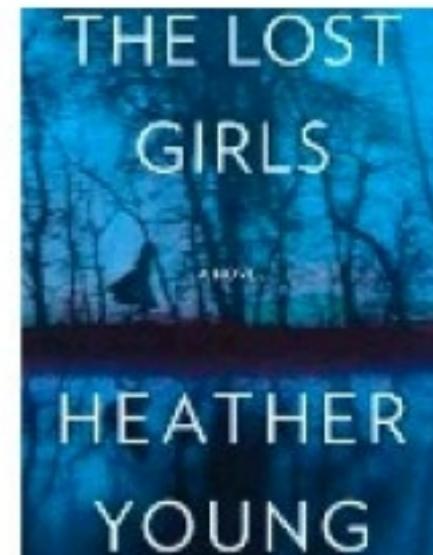
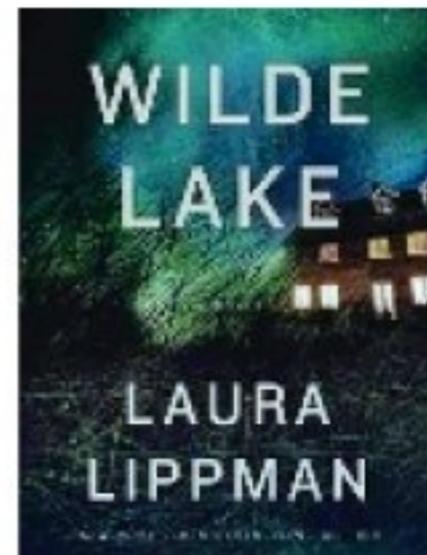
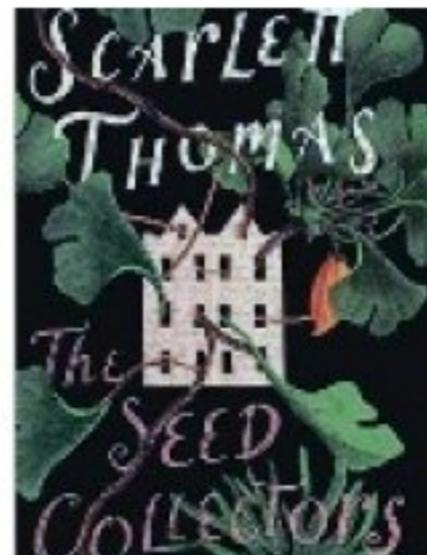
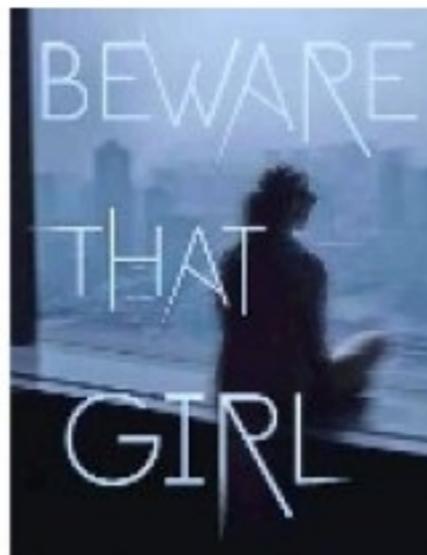
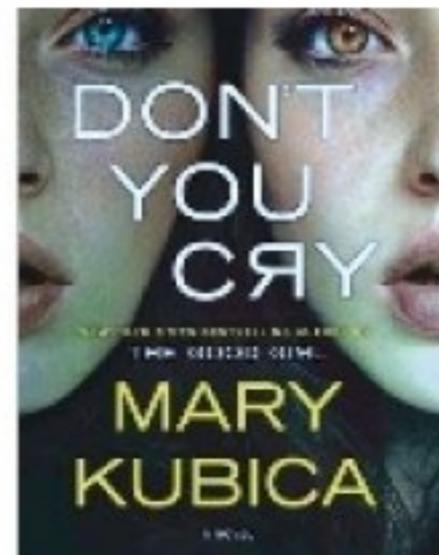
In some ways, I was hoping with *Heroes of the Frontier* to examine the American psyche, and our connection — if there still is one — between our pioneer past. Josie and her kids don't seem to have anything in common with the heroes of the frontier of the past, but then again, maybe they do. THE ASSOCIATED PRESS



## PERFECT COMPANIONS ON A SUMMER DAY

Each of these recent books would make an excellent travelling companion — entertaining and distracting, perfect for whiling away a summer day.

TORSTAR NEWS SERVICE



**1 The World Without Us,**  
Mireille Juchau

The Müller family's youngest daughter, Pip, died two years ago, and each member is dealing with the loss. Evangeline walks the fields pushing her dead child's pram filled with painting supplies. Stefan, her husband, tends his collapsing bee colonies and, as the novel opens, discovers a van with skeletal remains within.

**2 Don't You Cry,**  
Mary Kubica

Quinn wakes up on a Sunday morning to discover her roommate, Esther, has disappeared. Searching her room yields nothing beyond a stalkerish letter addressed to My Dearest, signed with Esther's initials, EV. Quinn's apprehension mounts when she discovers Esther's former roommate died under suspicious circumstances.

**3 Beware That Girl,**  
Teresa Toten

Teresa Toten begins her new novel in a hospital room. One girl lays unconscious. Another sits silent. One is Kate, the other Olivia, but which is which? We then cast back seven months to the beginning of the school year at New York's elite Waverley School, where we follow, in alternating chapters, Kate, a scholarship student, and rich Olivia, whom Kate recruits as her BFF.

**4 The Seed Collectors,**  
Scarlett Thomas

This novel takes us into the lives of members of the Gardener family, the female members of which have horticultural monikers — Clem(atis), Plum, Lavender, Briar Rose and the like. As our story opens, great-aunt Oleander has just died, leaving Namaste House, a yoga retreat and refuge for celebrities, to Fleur.

**5 Wilde Lake,**  
Laura Lippman

Luisa Brant's story unfolds over two periods in alternating chapters. One is Lu's memoir, growing up the daughter of a revered state's attorney: his first celebrated case. The second thread concerns Lu Brant today: she is the new state attorney and her first case concerns a homeless man accused of murder.

**6 The Lost Girls,**  
Heather Young

The unsolved disappearance of six-year-old Emily in 1935 is at the heart of this polished debut. Lucy, Emily's older sister, now an elderly woman, writes an account of what happened that summer for her grand-niece, Justine, to read after her death. Lucy's story unfolds in alternating chapters with Justine's story.

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### JOHANNA SCHNELLER WHAT I'M WATCHING

## Gay marriage becomes de rigueur on *Looking*

**THE SHOW:** *The Show: Looking: The Movie* (HBO)

**THE MOMENT:** *The Moment: The wrong kiss*

Patrick (Jonathan Groff), back in San Francisco for a wedding, is staying with Dom (Murray Bartlett). Lying in bed, they share a vaporizer. Years ago, they almost hooked up; today they're best friends.

"What if we got together now?" Patrick asks. "It's not the worst idea."

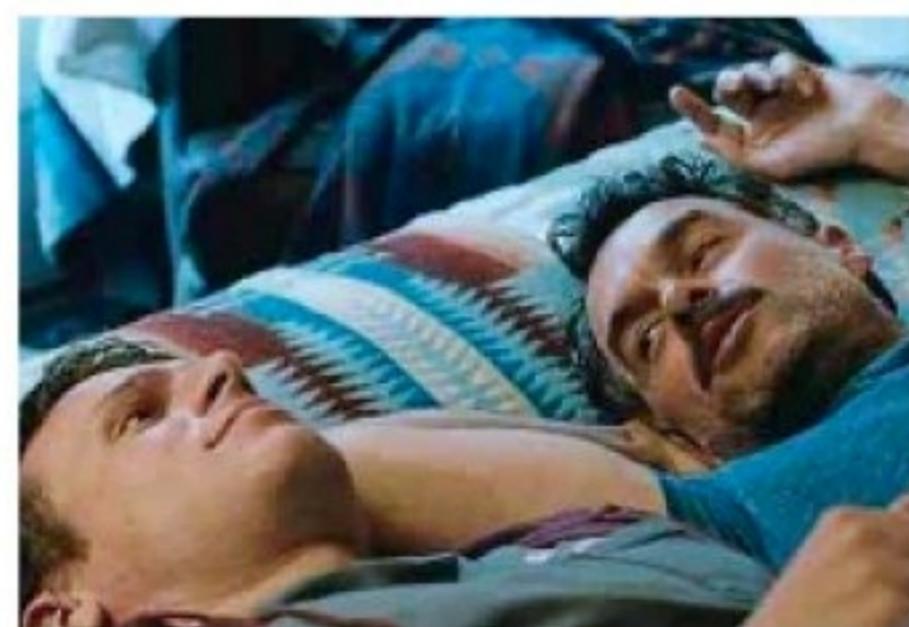
"It's up there," Dom says.

Patrick rises on his elbow. "Maybe this has been staring us in the face this whole time. On paper, it's — would you stop laughing?"

He flops back down. "But it would be nice, wouldn't it?" he goes on. "To suddenly find something by mistake that makes it all...easier?"

Dom leans over and kisses Patrick — first lightly, then deeply. They burst out laughing.

I am heartened by how square this movie is. We can't have sex because it'll wreck our friendship? It's like an '80s rom-com had a gay makeover — St.



Best friends Patrick, left, and Dom wonder about love in the two-hour HBO conclusion to the series *Looking*. CONTRIBUTED

Elmo's Queer Fire — so instead of Demi Moore, it's Patrick who has to forego his wild-child ways and grow up.

Its wisdom is so Ladies Home Journal: It's okay not to want at 30 what you wanted at 18. Settling down is not selling out.

No relationship is perfect; it's more about, do you like how he smells, do you laugh at the same things, do you want to drink Ensure with him when

you're old?

Near the end, Patrick takes a moment to marvel at how marriage has become de rigueur for queer people. That is worth celebrating. Boring is the new thrilling, and love is love is love is love.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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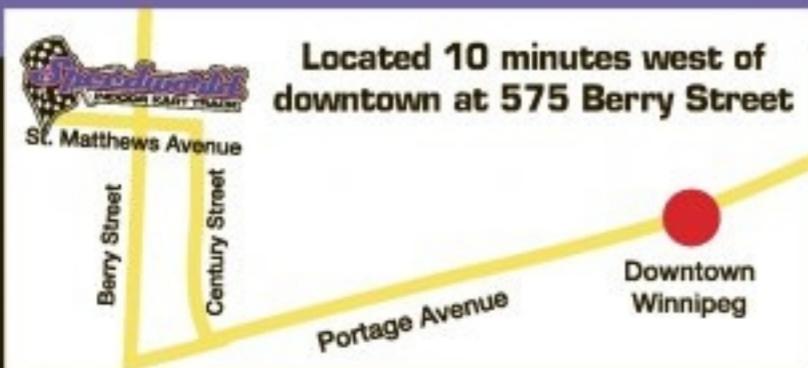
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# NOW MIGHT BE THE TIME TO CASH IN ON YOUR GOLD

With gold currently at its highest price in five years, now is the time to find out how much that old necklace or those coins you have been waiting to liquidate are worth so you can cash in big, says one gold expert.

"On the open market, gold is priced in dollars per ounce," explains Mark Rzepka, president of Manitoba's largest gold buying network, Winnipeg Gold Buyer. "In Canadian dollar terms, gold has formed a solid base above \$1,700 per ounce in recent weeks. Although it briefly rose above \$1,800 per ounce back in 2011, gold hasn't been anywhere near this high in years."

What's more, when you see the price of gold quoted in the media, you are typically seeing it is US dollars, says Rzepka. Taking the current exchange rate into account, the price of gold for Canadians is almost 30 per cent higher than for Americans.

"There hasn't been a better time in the last four years to sell gold," he says.

"People who have been on the fence about liquidating old jewellery, coins, dental work or bullion are beginning to realize that now may be the opportunity they have been waiting for."

Rzepka says a number of factors are contributing to the current gold rush. And while they are complex, one of the leading reasons is a variety of economic and geopolitical events that dictate the price of gold internationally.

"The recent Brexit referendum in Europe really pushed gold up to its current lofty level because it caused extreme currency fluctuations and turmoil in the world's financial markets," he says. "In such an environment, gold typically rises sharply in value."

The decision to liquidate gold, or any asset, is personal, says Rzepka. However, he warns that as with all markets, the gold market is impossible to predict and can quickly change.

"All I can say definitively is that the



STOCK

price right now is extremely strong," he says. "And when our clients are ready to sell, we are here to assist them."

Established in 2009, Winnipeg Gold Buyer has three Winnipeg locations. For more, visit [winnipeggoldbuyer.com](http://winnipeggoldbuyer.com).

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# Let your memories comfort you

**DO IT YOURSELF**

## Ever wanted to put your snaps on a pillow?

Turn Instagram snapshots into personalized pillows and great one-of-a-kind gifts

### Step 1: Gather supplies

We used a cotton pillow cover and linen fabric for this pillow.

Have fun with the embroidery using words or simple designs to add a pop of colour to the pillow. Try sketching them out lightly on the fabric using a pencil first.

#### You'll need:

- Unfinished wood tray
- Sea glass
- Pre-mixed tile adhesive and grout
- Pillow cover and insert
- Iron-on transfers
- White cotton or linen fabric
- Scissors
- Thread
- Embroidery floss
- Pins and needles
- Embroidery hoop
- Iron
- Computer and printer

### Step 2: Measure and cut fabric

Measure and cut a piece of fabric that will fit in the centre of the pillow cover.

### Step 3: Pick photo, print and iron

Select a photo for your pillow. Using your photo editing software, edit the photo to desired size and print the image on to the iron-on transfer paper.

Before printing ensure the image is selected to print flipped or as a mirror image. Let the printed image dry for approximately five minutes before handling.

Set the iron to the highest cotton setting (no steam) for ironing on the transfer. Iron the fabric to remove any wrinkles. Let the fabric cool. Position the image face down on the fabric and using firm pressure, iron the sheet ensuring all corners and edges are ironed.

Peel away the paper backing. Follow the specific directions from the manufacturer.

### Step 4: Sew fabric on the cover

Pin the fabric on the pillow cover. Thread a sewing needle and sew the fabric (by hand)

**TIP**  
If you use a plain, light coloured cotton pillow cover you could iron the photo directly on to the pillow cover and skip the step of sewing the fabric or you could use fusible web fabric adhesive to attach the fabric.



Adding a little personality to a pillow is easy with iron-on transfers and some basic sewing skills. Use colourful embroidery thread to make items, like the bucket in this photo, stand out. PHOTOS DEBRA NORTON/FOR TORSTAR NEWS SERVICE

on to the pillow cover using a simple straight stitch.

### Step 5: Embroider it

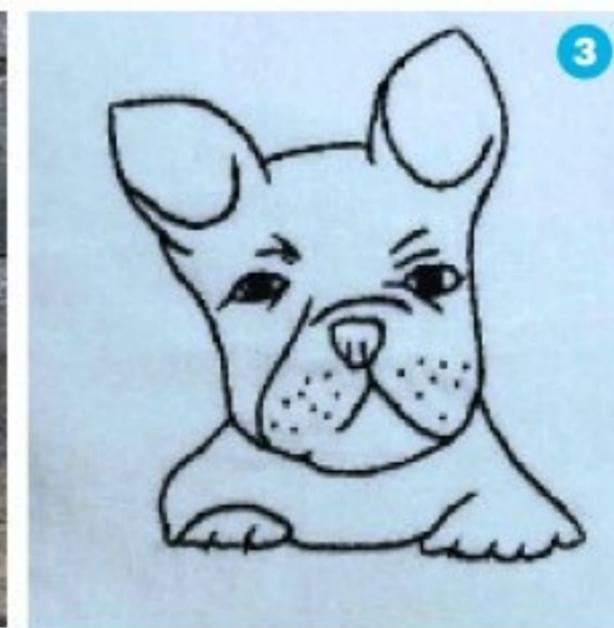
It may be helpful to use a pencil to draw the image or word you want to embroider on to the pillow.

Thread the embroidery needle and begin embroidering the pillow. Urban Threads has detailed instructions on vari-

ous basic embroidery stitches.

### Step 6: Voila!

TORSTAR NEWS SERVICE



**RETAIL**

## Not feeling crafty? Buy it

If you'd rather leave the needlework to the experts, here are five fun pillows ready to go.

**1 SHUTTERFLY**

Geo Overlay 12 x 16 pillow Colourful, fun photo pillows make a great gift and are available in a variety of styles via Shutterfly.

It costs \$34.99 U.S. and up shipping prices vary. Ready to ship.

**FINCH AND COTTER**

**2** Custom photo pillow, 12" x 18" Custom handmade pillow made from natural cotton makes a unique gift. It costs \$50.88, \$28.05 shipping. Ready to ship in 1 to 3 business days.

**BLUE LEAF BOUTIQUE**

**3** Personalized pet portrait pillow, 16" Immortalize your pooch on

a pillow with a hand drawn, hand embroidered portrait.

It costs \$65.60 \$10.71 shipping. Ready to ship in 1 to 2 weeks.

**4 MARK GRAHAM**

Make Your Mark Cotton Boudoir Shams Go preppy and personalize a pillow with a name or monogram including choice of font. It costs \$49.03 \$29.70 shipping plus duty. Ready to ship. TORSTAR NEWS SERVICE

# METRO SPACES

## Townhomes to join popular community of Sage Creek

It's an exciting time to be in the community of Sage Creek. The fast-developing amenities are leading to a growing sense of community and convenience in the area.

The latest expansion has seen the Sage Creek Village Centre spill onto the north side of Sage Creek Boulevard, while the school continues to progress for a 2017 opening. Recently, the Village Centre welcomed Orangetheory Fitness — and a dance studio and the first RockWood Urban Grill in Winnipeg are poised for fall openings.



CONTRIBUTED

Off this momentum, homebuilder StreetSide Developments has released a new building of its three-storey townhomes, Bluestem Condominiums, ready for possession starting late 2016.

The new phase is located on Des Hivernants Blvd. and visible along Lagimodiere — mere steps from all the amenities of the Village Centre.

The most affordable floorplans have been

made available in this phase — with two-bedroom, three-storey townhomes with attached garages starting from \$245,900 including GST. Bluestem allows new homeowners to enter the Sage Creek market.

Plus, the space and feel of the homes at Bluestem leave nothing to be desired.

The spacious, open-concept kitchen and main living space in the townhomes lead onto a

generous sun deck, perfect for hosting a barbecue or relaxing with a morning coffee.

Oversize bedrooms are separated by an ensuite or mirror-image bathrooms, making it easy to live comfortably with a roommate or family member.

Add an attached garage and ample storage space and you've got every modern convenience expected in a home covered. The best part? The perks of a condominium lifestyle are still there. There's no need to get outside to cut the grass or shovel the walk — it's all done for you.

Cutting out the hassle of maintenance doesn't just relieve you from work. It frees you up to do more of the things you love.

Stroll along the paths of the Sage Creek Trail, taking in the wetlands, native grasses and wildflowers. Or meet your friends for sushi just up the street. Whatever it is, you've got more time for it. And, of course, you'll have the chance to enjoy your beautiful new home. Kick back, relax and enjoy your new life in beautiful Sage Creek.

Bluestem Condominiums' new phase is now selling. Visit #109–155 Des Hivernants Blvd. or bluestemcondos.ca for more information.

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**George Matwichuk &  
Stephanie Childerhouse**  
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## 4 TO-DOS TO GET A SPEEDY SALE

A swift home sale is what every homeowner hopes for but, a property that sits on the market often musters up undue anxiety and stress. So, how do you ensure that your home transforms from "For Sale" to "I SOLD" ASAP? The secret is to switch your mindset from seller to buyer and spend some time in the driver's seat.

First things first, price your property right. It's no secret that the market dictates the value of your home so, if you're eager to part ways with your property you're going to have to make sure it's priced fairly and competitively, against comparable homes, by scoping out the competition.

ComFree Commonsense Network offers a full pricing strategy to help you set your property price right at

the start.

Next, make impeccable pictures a priority. Since most buyers begin their house hunting on the web, your listing should include property photos that have them eager to see more. Step one, de-clutter your home to create a neutral space that will appeal to the masses. Once your property is knick knack free, generate maximum interest with a photo of every room in your home. A 360-degree panoramic picture is also a great listing addition as it gives the buyer a virtual sense of what it's like to actually be inside the property.

The third thing you want to do is proactively market your property both online and offline. When it comes to reaching the widest web

audience possible, social media is your best friend.

Spread the word by posting your listing URL to all of your social media networks and ask your entourage to share, share, share. You can also increase your reach by posting printed feature sheets around your neighborhood. Community centers, libraries, coffee shops, and grocery stores are all great places to feature your property listing.

And last but not least, let buyers in. Denying a potential buyer access to see your home in person will likely result in a lost sale. Show your home at your convenience by scheduling individual visits or opt for an open house to attract as many buyers possible at once and create a sense of urgency among them.

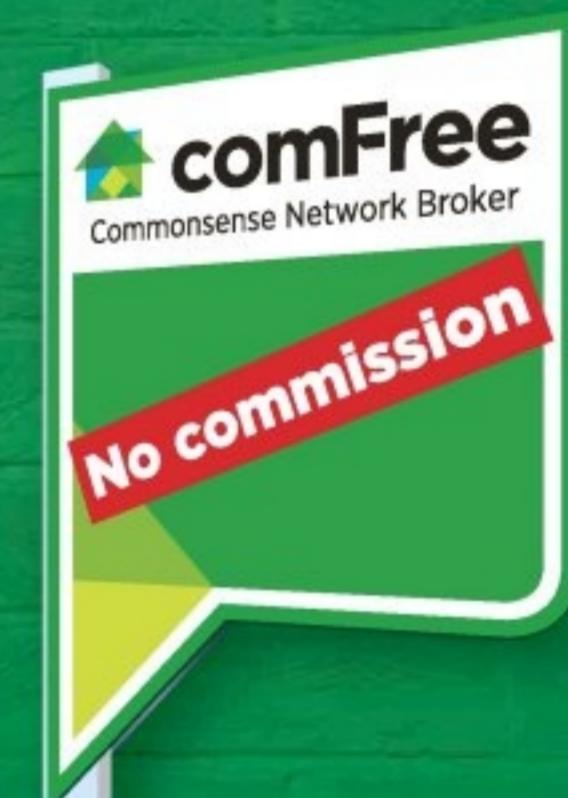
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# metr<sup>o</sup> SPORTS

Aaron Rodgers says he "hasn't really been affected" by his Bachelorette contestant brother Jordan saying they have an estranged relationship



## The Blue Bombers really are that bad

**VIEW FROM THE 300s**  
Andrew 'Hustler' Paterson

It's been another turbulent week in Blue Bomberland but we should all be quite used to this by now.

After another miserable performance in a loss in front of home fans at Investors Group Field, Bomber faithful are once again fed up and the future of the group in charge of the football side of the operation is likely doomed. Barring some sort of miraculous turnaround this season it is all but a certainty that this will all be blown up again and the Bombers will be starting over with a new group in the off-season.

If this sounds familiar it should, because it's been the same story for way too long around this football team.

There are major questions about the competency of literally every aspect of the Bombers football operation right now. The GM, coaching staff and players all bear responsibility in the 1-4 start. You can distribute the blame however you want. The bottom line is the Bombers are again looking like the weakening of the CFL, and there is zero chance this group can sell any more hope to the fans if the losing continues.

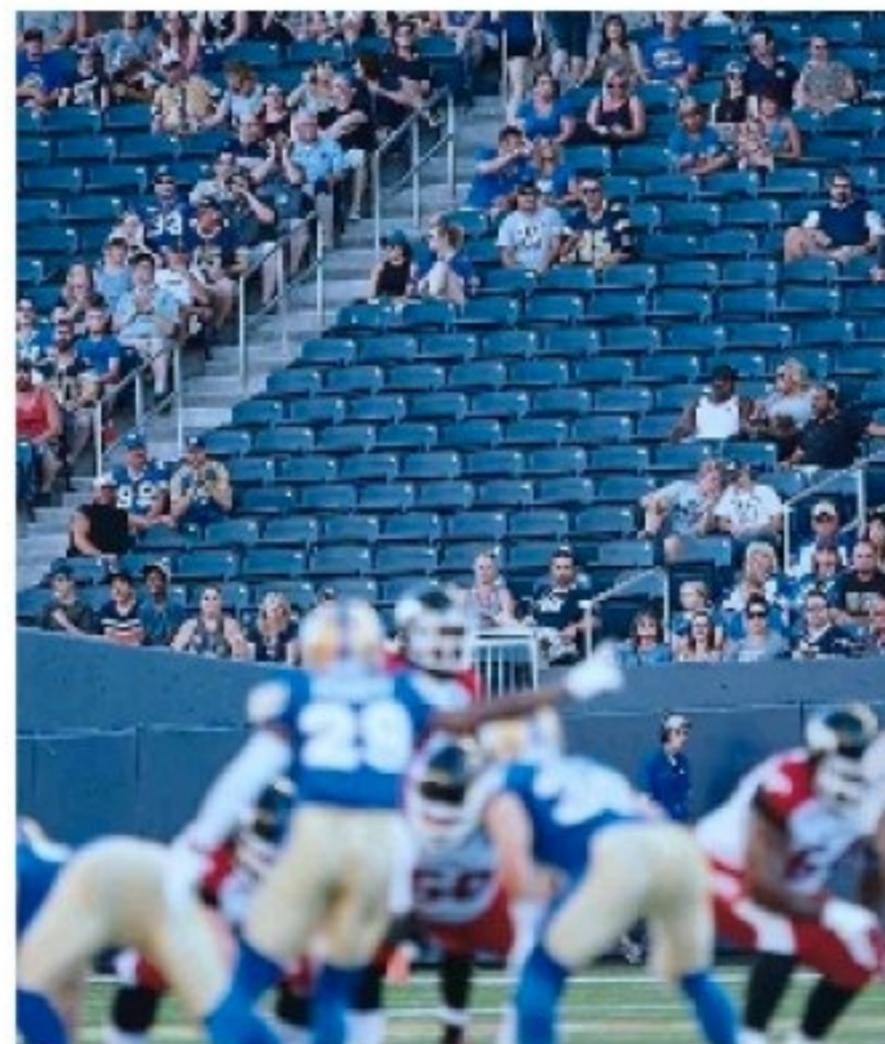
Heading into tonight's game

in Edmonton, something had to change and not surprisingly, it involved the starting quarterback. Drew Willy now finds himself relegated to backup QB behind Matt Nichols after Mike O'Shea announced the benching earlier this week. Willy has been inconsistent this year and has not looked anything like the player the Bombers invested big money in to lead this team out of the woods.

Willy's struggles have certainly been a major part of the team's miserable start, but far from the only issue. Every aspect of the team's play has been sub-par for the most part, but a QB change is the easiest way for a coach to try to change things up. Unfortunately Nichols is at best an average CFL QB and even that is debatable.

It's hard to see the team turning this around without a much better version of the Willy we have seen this year behind centre. When he gets the chance to go back in remains to be seen.

I am a very optimistic person and far from a cynic. I would way rather talk about the good in the Blue Bombers and avoid these doom and gloom columns and conversations. It's just that there is literally nothing else to say at this point. And no reason to think this is changing anytime



A sparsely occupied section of Investors Group Field during the Blue Bombers' loss last week to the Stampeders.

JOHN WOODS/THE CANADIAN PRESS

soon.

This week on my show we have talked a lot about the state of the Blue Bombers. I have asked many local and national media covering the CFL the question "at this point into Year 3 of this regime, what is the strength of the Blue Bom-

ers?"

No one has an answer to this question. Probably because based on the body of work there are no strengths, only apparent weaknesses.

Pretty depressing for a suffering fan base that deserves so much better.

CFL

## Old pal looking to ruin Nichols' night

Matt Nichols will get another chance Thursday to establish himself as a starting quarterback in the CFL.

And staring across the line of scrimmage at him, hoping to blow it all up, will be one of his good friends.

"We've been friends since we were 18. That's a decade now," said Edmonton linebacker JC Sherritt after practice Wednesday at Commonwealth Stadium as the Eskimos (2-2) prepared to host the Winnipeg Blue Bombers (1-4).

"But we're both professionals. I guarantee you, if he sees me in a mismatch he's going

to try to embarrass me, and if I come around the edge I'm going to try and strip sack him and put him in the ground."

Sherritt and Nichols go back to their college days, when both played for Eastern Washington, and then were then teammates on the Eskimos. They work out together in the off season.

Nichols began his CFL career with the Eskimos in 2010 before being traded last September to Winnipeg for a conditional draft pick after Willy went down with a season-ending leg injury.

**I'm going to try and strip sack him and put him in the ground.**

Eskimo JC Sherritt

THE CANADIAN PRESS

### IN BRIEF

#### Padres have no trouble hitting the knuckleball

Adam Rosales hit a two-run homer, one of three San Diego long balls on the day, and the Padres avoided a three-game sweep by beating the Toronto Blue Jays 8-4 on Wednesday afternoon.

Brett Wallace drove in a pair with a home run and a single and Alex Dickerson also went deep for the Padres (44-58), who scored in four consecutive innings to hand R.A. Dickey (7-12) his third straight loss.

THE CANADIAN PRESS

#### Raonic easily dispatches second-round opponent

Canadian Milos Raonic downed Yen-Hsun Lu of Chinese Taipei 6-3, 6-3 on Wednesday evening in the second round of the Rogers Cup in Toronto.

Raonic, from nearby Thornhill, Ont., will face American Jared Donaldson in the third round of the tournament.

Earlier in the day, world No. 1 Novak Djokovic survived a scare from Gilles Muller and held on for a 7-5, 7-6 (3) win.

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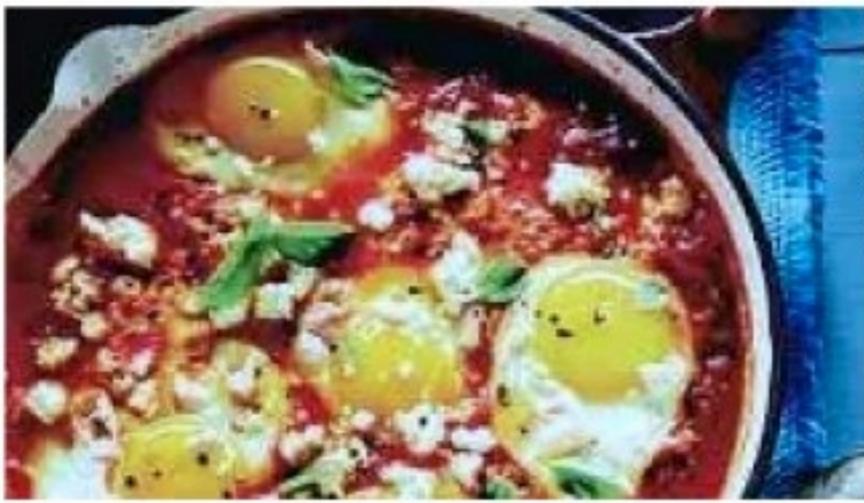
**RECIPE** Shakshuka

PHOTO: MAYA VISNEY

**Ceri Marsh & Laura Keogh**  
For Metro Canada

Just when you thought you'd made every delicious dish with eggs, please meet the Shakshuka.

**Ready in**

Prep time: 10 minutes  
Cook time: 30 minutes  
Makes: 4 servings

**Ingredients**

- 2 Tbsp olive oil
- 1 onion, diced quite fine
- 3 or 4 cloves garlic, minced
- 1 tsp paprika
- 1/2 tsp ground cumin
- chili flakes (optional)
- 1 can (28 oz) whole tomatoes
- 1 Tbsp tomato paste
- Salt and pepper
- 6 eggs
- 1/4 cup crumbled feta
- Handful of chopped basil or parsley

**Directions**

**1.** Heat the oil in a high-sided frying pan over medium heat. Add the onion and garlic and let them begin to brown. Add the paprika, cumin and a pinch of chili and stir. Let cook about 3 minutes.

**2.** Pour in tomatoes and tomato paste gently break them up. Allow sauce to simmer for about 20 minutes. Taste and add salt and pepper.

**3.** Spread the sauce evenly across the frying pan. Now crack the eggs over the sauce (I usually place five in a circle around the pan and one in the center). Cook for about 6 or 7 minutes.

**4.** Crumble the feta and basil or parsley over the top. Shimmy a big serving spoon under each egg to scoop them out of the pan. Serve with crusty bread and some steamed vegetables.

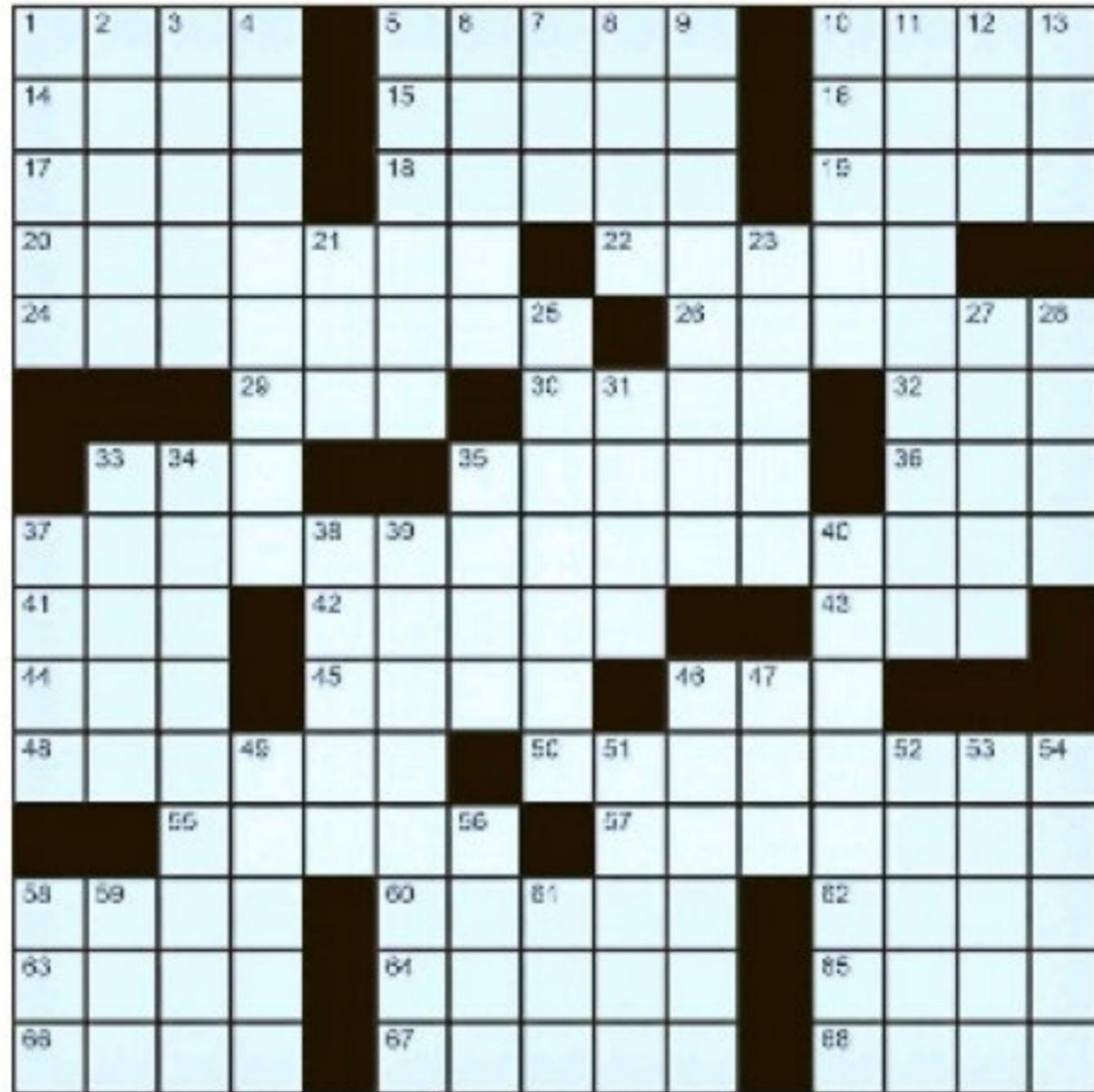
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**CROSSWORD** Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

1. "\_\_\_ the Roof" by The Drifters
5. Cut-and-\_\_
10. Bridge
14. Unfeigned
15. Greek Myth: The huntress Artemis unintentionally slayed him
16. One deposit
17. Ms. Braxton
18. Submarine instrument
19. To boot
20. Call out!
22. Hilfiger of fashion
24. Montreal smoked meat serving component: 2 wds.
26. Canada's 14th Prime Minister, \_\_ B. Pearson
29. Increases
30. Ms. Fisher of "Wedding Crashers" (2005)
32. Charlemagne's realm [acronym]
33. Outlying
35. Where Lloyd and Harry are headed in road trip comedy "Dumb and Dumber" (1994)
36. Dutch city
37. Calgary-born architect of the Canadian Museum of History in Gatineau, Quebec
41. 'Guitar' suffix
42. Contribution to the conversation
43. These: French
44. City in Kyrgyzstan
45. Prince hit
46. Canadian actor



Mr. Bennett  
48. "Somewhere in Time" (1980) star  
41. 'Guitar' suffix  
42. Contribution to the conversation  
43. These: French  
44. City in Kyrgyzstan  
45. Prince hit  
46. Canadian actor

60. Historic immigration site, \_\_ Island  
62. Ancient war god  
63. 'Symptom' suffix  
50. Post cereal, \_\_ Wheat  
55. Old Rome monthly calendar date  
57. Consequence  
58. Ballerina's skirt

articles  
68. Inflates  
**DOWN**  
1. Express  
2. Stand-in  
3. Small quantity  
4. Village in western Saskatchewan about an hour southeast of

Lloydminster  
5. Floral arrangements  
6. Bouquet becker  
7. Job application's  
lil' 9-digit info  
8. Perfectly: 2 wds.  
+ letter  
9. Paperwork filler-

**\* IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Try to avoid disputes about money and possessions today, because they will be brief but nasty. At least they will be over quickly. Hang in there.

**Taurus** April 21 - May 21  
Tread carefully today because people's emotions are volatile! It's easy to get upset with others or suddenly have an argument. (This especially applies to close friends and partners.)

**Gemini** May 22 - June 21  
You might be doing a slow boil behind the scenes for some reason today. Do your best to just let it pass. Things will get worse if you make a big deal about them.

**Cancer** June 22 - July 23  
(June 21 to July 22)  
An argument with a friend, especially a female acquaintance, might break out today. Just remember: Patience is the antidote to anger. Remedy: Generously apply patience.

**Leo** July 24 - Aug. 23  
Squabbles with parents, bosses and authority figures are hard to avoid today. (This includes the police.) But who needs this? Not you. Therefore, zip thy lip.

**Virgo** Aug. 24 - Sept. 23  
Avoid controversial subjects like politics, religion and racial issues today, because they will quickly deteriorate into a nasty argument. Forewarned is forearmed.

**Libra** Sept. 24 - Oct. 23  
This is not an ideal day to discuss inheritances or how to divide or share something, because it will be tough to reach an agreement. Postpone this discussion for another day.

**Scorpio** Oct. 24 - Nov. 22  
With Mars in your sign now, you are feisty! (Scorpio is never a wimp.) Use diplomacy and patience when dealing with partners and close friends — for the sake of everyone.

**Sagittarius** Nov. 23 - Dec. 21  
An argument with someone at work might break out today. Remember your long-term objective, which is that you want to get along with these people in the future, right? Connect the dots.

**Capricorn** Dec. 22 - Jan. 20  
Parents will have to be patient with children today, because hissy fits and meltdowns are likely. Romantic partners must be patient with each other as well.

**Aquarius** Jan. 21 - Feb. 19  
Avoid domestic arguments today. Get out of the house and wait till this volatile influence passes. Oy!

**Pisces** Feb. 20 - March 20  
Discussions with siblings, relatives and neighbours could be challenging today, because someone is looking for a fight. Do what you can to keep the peace and make your life easier.

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9

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